

CALLAHAN COURIER

FRAMINGHAM *on the go!*

FRAMINGHAM CALLAHAN CENTER NEWS & ACTIVITIES | VOLUME 5, NO. 2, FEBRUARY 2017

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A Simple Way to Keep the **Flu** Away

You can avoid the flu this season by taking one simple step: Get a flu vaccination.

Unfortunately, some people think that getting a flu immunization is too much trouble or costs too much. Or, they swear that a flu immunization will make them sick or make them more likely to catch the flu or even colds. Seasonal influenza (the flu) is caused by one of several strains of influenza viruses (type A or B) that infect the nose, throat and lungs, making life miserable for a week or two for many people and deadly for some. Flu season can begin as early as October and peak anywhere from late December to early April, according to the Centers for Disease Control and Prevention (CDC).

A flu vaccination is most important for children 6 to 59 months; adults ages 50 and older; anyone with a chronic disease; anyone who lives in a nursing home or other long-term care site; health care workers; and people who are in frequent contact with elderly adults or the chronically ill. The CDC says children between ages 6 months and 8 years who were never immunized or received only one dose of vaccine in the previous year should get two full doses of vaccine, one month apart. Even if you don't fall into one of the above groups, however, you are still a candidate for the vaccine if you want to avoid the flu.

Talk with your doctor first

Some people shouldn't be vaccinated for the flu before talking with their health care provider, the CDC says. These are reasons to talk with your doctor:

- You have a severe allergy, such as an anaphylactic reaction to chicken eggs.
- You had previously developed Guillian-Barré syndrome in the 6 weeks after getting a flu shot.
- You currently have an illness with a fever; you should wait until symptoms improve before getting the vaccine.

Other prevention steps

You can protect yourself against the flu by doing simple things like washing your hands before eating and not putting your hands near your face or in your mouth. You don't need special cleansers when washing your hands. Washing for at least 20 seconds with ordinary soap works fine. If someone in your family has the flu, you can keep surfaces clean of the virus by wiping them with a solution of one part bleach to 10 parts water.

The other effective means of flu prevention is humidity. The flu bug exists in higher quantities in dry nasal and oral passages, which is one reason why flu epidemics occur in dry winter months. By raising the humidity in your workplace and at home to keep your nasal passages and mouth moist, your body will be better able to flush out the flu bug.



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At MetroWest Medical Center, patients are our number one priority. As your neighborhood hospitals and doctors, we are part of your community, providing advanced care when you need it most. We are committed to providing you high quality, comprehensive care, close to home.

Our services include:

- | | | |
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DIRECTOR'S CORNER

Dear Seniors,

We are delighted to have a new Administrative Assistant, **Beatrice Mulloney**, who is returning to the Town of Framingham after a couple of years at another town. We very much appreciate how much **Maria Soma in Parks and Recreation** helped while the Admin position was vacant.

As many of you know by now, **Carolyn Roycroft** has moved on from her role as the Programs Manager at the Callahan Center to become the Director at the Bellingham Senior Center in January. She has done a terrific job in the past four years increasing the number of programs we offer, improving the quality and adding to the number of off-site programs. Thanks to her efforts, we have been the recipient of Cultural Council grants for many enjoyable and informative cultural and historical presentations. We will miss her enthusiasm, creativity and warm presence. Please join us in wishing her all the best in her new position.

We offer sincere gratitude to **Trish Powell from Parks and Recreation** for helping us with the Courier and other programming details until Carolyn's replacement is found.

We have a number of special offerings for you in February: look inside for more details about: **Consumer Assistance Office presentation, Valentine's Day luncheon** by Heritage at Framingham Senior Living, **Estate Planning for People with Special Needs Children, Medication Bingo** from Eldercare Resources and Bouvier Pharmacy, **Electronic Device Clinics** are back Feb 14 and 28 at 3 pm.

Have you heard about the benefits of **Acupuncture**, but are afraid to try it? Come on Feb 21 - for a [free](#) information session and [free](#) treatment.

Wishing you all a Happy Valentine's Day.

Grace

CALLAHAN CENTER STAFF

STAFF

Grace O'Donnell, MS, Director of Elder Services
Beatrice Mulloney, Administrative Assistant
Judy Lew, ESOL Instructor
Esta Lichtenstein, Volunteer Coordinator
Ralph Dunlea, Computer Room Coordinator
Randy Aylsworth, Customer Service Manager
Karen Buck, Front Desk Receptionist
Carol Glover, Front Desk Receptionist
Mary Kenney, Front Desk Receptionist

SOCIAL SERVICES

Lisa Ushkurnis, MSW, LICSW, Supervisor
Jamie Donchin, MSW, LICSW, Social Worker
Gabriela Herscovici, BA, OT Bilingual Outreach Aide
Sam Swisher, MBA, Outreach Volunteer Coordinator
Deb Bourque, BA, CDP, Connections at Callahan Coordinator & Program Assistant of Continuing Connections

SHINE

Kathy Worhach, SHINE Director
Kathleen Grant, SHINE Asst. Director



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Senior Centers

CALLAHAN CENTER

535 Union Avenue (Handicap Accessible), **Framingham, MA 01702**
Telephone: 508-532-5980
Web address: www.framinghamma.gov/360/Council-on-Aging
Hours of operation: Monday-Friday from 8:30 a.m.-4:30 p.m.

CALLAHAN CENTER MISSION STATEMENT

It is the mission of the Framingham Council on Aging/Callahan Center to improve the healthy aging of a broader segment of the 55 and older population of Framingham by solidifying collaborations in the community to actively reach out to underserved groups by race, ethnicity, gender, sexual orientation and those with health conditions that otherwise limit their connection to the center.

DISCLAIMER NOTICE

We appreciate your concern with the accuracy of the information that goes into the Courier. We try, to the best of our ability, to present the information accurately. However, we are not fully responsible for any errors that may occur with the printing of this newsletter, or changes that take place due to the cancellation of a presenter or a program.

COUNCIL ON AGING CHAIRMAN & BOARD MEMBERS

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Vice-Chair: Rick Killigrew

Members:
Linda Belleville
Martin Cohen
Kellianne Erath
Larry Griffin
Betty Muto
Lynn Power
Michelle Quinn Smith
Fred Wallace.

**COA Board Meeting -
Tuesday, February 14
at 1:30 p.m.**

AARP TAX PREPARATION

The AARP Tax Counselors will be at Callahan Center to assist you with filing your taxes. They will be here on Tuesday, Wednesday, and Friday from mid-February through mid-April. This program is designed for low and moderate income Framingham seniors 60 and older who meet the following guidelines; single or married filing separately with annual income of \$60,000 or less, and head of household with annual income of \$75,000 or less, and a married couple filing jointly or Qualifying Widow (a widow with a dependent) with annual income of up to \$80,000. No complex tax returns can be completed by AARP Tax Counselors. **YOU MUST SIGN UP FOR AN APPOINTMENT IN ADVANCE.** Appointments fill up fast, so don't wait! Call the Callahan Center front desk at 508-532-5980 and schedule time with an AARP Counselor. This is a wonderful opportunity and there is no charge for this service, however donations to the Friends of Callahan are welcomed.

PARKING AT THE CALLAHAN CENTER:

Although we have more parking spaces dedicated for people with disability placards than state regulations require, sometimes that is still not enough for those who need closer access to the entrance. If you are more able-bodied, please consider parking in the further sections of the lot to allow others who might have difficulty a space closer to the entrance. Your fellow seniors who are less vigorous than you will appreciate it; and your bones, muscles and joints will get even more of a workout. We appreciate your consideration of others' needs in this area.

VOLUNTEER OPPORTUNITY

BayPath Elder Services' Long Term Care Ombudsman Program needs volunteers to visit Long Term Care facilities to make sure residents are getting the care and service they expect. Volunteers work with residents, staff, and families to achieve this end. The initial time commitment is a three day certification training, then up to two hours a week in the nursing home. Also there is a monthly volunteer meeting to discuss issues and best practices. There will be certification training at BayPath Elder Services in March 2017. **Call Mary Brooks, Ombudsman Program Director at 508-573-7200 X235 to arrange an interview and learn more about this great opportunity.**

SAVE THE DATE: Romeo & Juliet presented by New Rep's Classic Repertory Company, Friday, March 24 at 2 p.m. at the Callahan Center.

DO YOU LIKE TO SING?

Join our Choral Group, Thursdays from 2-3 p.m. \$3 donation.

THE CALLAHAN CENTER will be closed Monday, February 20 in observance of Presidents' Day.

SAVE THE DATE!**TRAVEL SHOW**

All new trips for 2017 will be presented on March 9, 2017, Callahan Center, Blais Room at 10 a.m. Come in and bring a friend to see what **EXCITING TRIPS** are being offered for next year! Happy New Year to you all, we had a great year in 2016!!

Holiday joy came early this year for students at Stapleton Elementary School. On December 21st, 43 students received hand-knit reading buddies and hand-made book bags. Thanks to the Framingham Library a brand new book to go home with them. The Callahan Knitters created the buddies and book bags so students could have a "friend" to read to at home. They worked tirelessly over the past 3 months to get these dolls and bags done in time for the holidays.

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CRIBBAGE

Thursday, February 2, 9, 16 & 23
9:30 a.m.

If you are a beginner, would like a refresher, or just to play, please join us! Learn the ins and outs of playing this two, three or four-person card game. Explore the rules and strategy, play and counting of the hand.



HISPANIC SOCIAL GROUP

Thursdays at the Callahan Center from 10:30 a.m.-12:30 p.m.

Socialize, meet new friends, all are welcome to attend. Please contact Gaby, Bi-Lingual Outreach Aide for details 508-532-5980 x4111 for more info.

PRACTICALLY FIT CORE FUSION CLASS

With MaryEllen Giombetti
Thursdays, February 2, 9, 16 & 23
1:30-2:30 p.m., \$3 fee per class

Think you need fancy equipment or props to strengthen your core and sculpt & shape the body? Think again. Have fun and get in shape with this low impact, low-intensity fitness class. We adapt traditional interval exercises and cardiovascular activities to help you strengthen your body and your mind! Set to music, this hybrid class will target your core and help alleviate stress through channeling the mind/body connection.

What to bring: Water. Got weights or resistance bands? Bring them to class and we'll work them in.

TAI CHI (YANG STYLE)

Mondays, February 6, 13 & 27
1-2 p.m., \$3 per class

Instructor, Robin Natanel begins the class with meditation, moves into some Qi Gong, then light joint exercise (Temple Exercises) and then you will learn the Tai Chi Form. I tell first time students..."Tai Chi is a process not a pill! Start where you are and you'll get where you're going!"

MARY MAKE DO CRAFT CORNER

Mondays, February 6, 13 & 27
10-4 p.m.

Can't Sew? Sew what... learn to make a simple sewing project that anyone can do. Projects vary according to group interest. Basic sewing machine skills. Please bring your own sewing machine if you have one. **Please sign up at the front desk 508-532-5980.**



GENEALOGY GROUP

Mondays, February 6, 13 & 27
1-4 p.m.

Are you interested in knowing more about your ancestors? Our Genealogy group will help you find where they lived, with whom they lived, their occupations, and much, much more. You might even see their signature.

It may be possible to find their immigration records. The Genealogy group will discuss free websites, as well as some that require a fee. **All are welcome to attend.**

SPORTS FANATICS

Mondays, February 6, 13 & 27
10 a.m.-11:30 a.m.

Come all Ye Sports Enthusiasts, Men and Women. For more info contact Sam Swisher or Mark Goldman

Phone: Sam: 508-532-5980, ext. 4113

Email:

Sam: ccvolrec@gmail.com

Mark: goldmanmj59@yahoo.com

CONVERSATION AND HUMOR

Monday, February 6, 13 & 27
12-1 p.m.

Do you want to laugh?
Would you like to gripe about a pet peeve?
Do you have a joke to share?
Would you like to just listen??
If you answered "yes" to any of the above questions, why not join us.
What transpires here, stays here!

BEADING WITH MARILYN

Wednesday, February 8 & 22, 10-11 a.m.

Have fun, be creative! Come and make your own beaded jewelry creations. Marilyn will teach you basic techniques. Materials provided.

Sign up at the front desk 508-532-5980.



Concert Series...

Saturday, February 11th, 2:30 pm:
Robert Black "Elvis"

Monday, March 27th, 3:30 pm:
Winiker Jazz Band

Saturday, May 6th, 2:30 pm:
Retro Polatin



Sunday, March 19th, 10 am &
Sunday, April 9th, 10 am:

A Brighter Day Brunch Café

A comfortable and stimulating setting for adults with memory impairment and their caregivers.



All Events are
FREE

Attendees must RSVP
Call 508.788.6050

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747 Water St, Framingham, MA
www.heritageassistedliving.org

6 PROGRAMS AND ACTIVITIES

CONSUMER ASSISTANCE

Thursday, February 9, 10-11 a.m.

Join us for an informational discussion with the director of the Consumer Assistance Office of Metro West, Anne Roman, to discuss issues facing consumers today on Thursday, February 9, 10 a.m. at the Callahan Center. The session will offer an overview of the agency's services, present current issues facing consumers who have filed complaints to the Attorney General's Office, resolve consumer transaction issues. The agency provides free consumer advice and free voluntary mediation. Consumers filed complaints about a multiplicity of large and small companies, including retail, utilities, fraud, and automobile companies. You will gain valuable information on how to effectively advocate for yourself when a problem arises and what resources are available to help you in the resolution of your problem. **Please sign up at the front desk 508-532-5980.**

VALENTINE'S DAY LUNCHEON

sponsored by Heritage at Framingham

Tuesday, February 14, 12:30 p.m.

Heritage at Framingham Senior Living invites you to our Sweetheart Luncheon at the Callahan Center. Heritage Executive Chef will be cooking a scrumptious meal while the New Sound Assembly-Barbershop Chorus perform their Valentine's Day Special! **Please sign up at the front desk 508-532-5980.**



ELECTRONIC DEVICE CLINIC

Tuesdays, February 14, 28 & March 7 3 p.m.

Learn how to use those wonderful gifts received during the holiday season, Cell phone, IPADS, IPODS, Kindles, cable TV Remotes. 1 ON 1 tutoring at the Callahan Center.

Sign up with the Front Desk. Call Sam Swisher, 508-532-5980, x4113 for further info.



SPECIAL-NEEDS ESTATE PLANNING

Thursday, February 16, 10 a.m.

Please join Attorney Maana P. Hickson of Rubin Hay PC, at 10 a.m. on February 16, 2017 at the Callahan Center, for a presentation and discussion about estate planning for families with special needs children. Attorney Hickson will discuss basic estate planning documents including living trusts, wills, durable powers of attorney and health care proxies, as well as advanced estate planning techniques to protect assets for a child with special needs. **Please sign up at the front desk 508-532-5980.**

COMMUNITY STYLE ACUPUNCTURE

Informational Presentation & Free Treatment Tuesday, February 21, 11 a.m.

Join Acupuncturist, Linda Thomas for an informational presentation and free treatment. **Please sign up at the front desk 508-532-5980.**

MEDICATION BINGO

Thursday, February 23, 10-11 a.m.

Do you know how to dispose of medications properly? Do you have questions about over the counter medications? Do you want to reduce the risk of medication errors? Then come on February 23, 2017 at 10 AM to the Callahan Center at 535 Union Ave in Framingham, MA to play Medication Bingo. This interactive game (with prizes) will be both educational and fun. Learn more about the medications you take.



The leaders are: Debbie Gitner, Geriatric Care Manager, who will describe what is a Geriatric Care Manager and how a Care Manager can help you, and Cheryl Burgess from Bouvier Pharmacy. Together they will provide invaluable information and answer your questions **Please sign up at the front desk 508-532-5980.**



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THE BOOK DISCUSSION GROUP

will meet **Thursday, February 23rd at 1 p.m.** to discuss *Mutiny on the Bounty* by Charles Nordhoff and James Norman Hall.

This novel reprises the true story about the strange, tragic voyage of His Majesty's Ship Bounty in 1788-1789. The events that happened during this voyage culminated in Fletcher Christian's mutiny against Captain Bligh, the captain of the Bounty. The story reaches peaks of narrative excitement making the book a modern classic.

Please join us for lively and thoughtful discussion about this book, and about other books, authors, life and literature. Though it is not necessary to read the book to attend the meeting, be prepared for spoilers as we discuss it. Even if you have read the book and did not like it please come. Your opinions add balance and zest to the discussion.

For more information please contact the Book Group coordinator Eleanor Brody at 508-872-6162 or eleanorbrody1@gmail.com

CALLAHAN CENTER KNITTERS

Friday, February 24, 10:30 a.m.-12 p.m.

All are welcome to join. This isn't an instruction class, but our experienced knitters can help answer most knitting challenges you may have. Come learn new patterns, chat with new and old friends and have a good time! Please contact Esta for additional information 508-532-5980 ext. 4110.



EASE YOUR CREATIVITY THROUGH PAINTING

Fridays, February 24, March 3, March 10 & March 24

10:30-12:30 p.m., \$28 (4 week session)

Kathy Wirtanen, Instructor

Join us as we explore the pleasure of painting with Acrylics! This Acrylic painting class is designed for beginners as well as experienced students. It is informative, friendly and enjoyable. In class, students will experience the ease and adaptability of painting with acrylic paints in addition to color mixing, composition and design.

Please note: Limited art supplies such as brushes and easels will be provided. New students will need to bring a canvas, size 8x10 to the first class. A short list of art supplies will be given out to new/beginner students at the first class. These supplies can be purchased at a later date. Continuing students please bring your usual painting supplies. **Please sign up at the front desk 508-532-5980. Limited to 10 students. Payment is due at registration.**

Winter Driving & Survival Tips

Take these special driving precautions during the winter months.

- * **Make sure your car is ready** for the season & keep your gas tank at least half full to avoid gas line freeze.
- * **Avoid traveling in severe weather** & tell someone where you are going.
- * **Stock your car** with a scraper, brush, shovel, jumper cables, tow chain & a bag of sand or cat litter for tire traction. Keep an emergency survival kit in the car.
- * **Brush all snow off** your car including headlights & tail lights so that other motorists can see you.
- * **Adjust your speed** to road conditions & increase following distance.
- * **If you find yourself stranded**, stay calm & stay put. Run your engine for heat about once an hour. Make sure your exhaust pipe is clear to prevent carbon monoxide from getting into the car. Leave one window slightly open. Tie a piece of brightly colored cloth to your antenna to alert others.
- * **Consider taking a cell phone** with you for use during emergencies. Be sure the batteries are fully charged & consider bringing a spare battery.



Tips from the
Minnesota Department of Public Safety

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SUPPORT GROUPS AT CALLAHAN CENTER

Bereavement Support Group: Mondays, February 6, 13 & 27 at 10 a.m.

Better Breathers' Support Group: Wednesday, February 8 at 12 p.m.

Caregivers' Support Group: Wednesday, February 22 at 1 p.m.

Diabetes Support Group: Tuesday, February 28 at 10 a.m.

Grandparent Support Group: Wednesday, February 8 at 7 p.m.

Low Vision Group: No meeting in February.

Parkinson's Support Group: Tuesday, February 21 at 1:30 p.m.

Stroke Survivors' Support Group: No Meeting in February.

"HEALING INSIDE & OUT" - TUESDAYS IN THE WELLNESS CLINIC AT CALLAHAN CENTER (For Seniors Only)

Bodywork Therapy: 22nd and 4th Tuesday from 9:30-11:30 a.m. with Deborah Tompkins (Bodywork Therapist, Registered Polarity Therapist).

Community Style Acupuncture: 11st and 3rd Tuesday from 11:30-1:30 p.m. with Linda S. Thomas (MAc [Master of Acupuncture], LAc [Licensed Acupuncturist]). Community Acupuncture you may stay as long as you wish during 12-2 p.m. and the cost is \$20.

Wear comfortable, loose clothing to any and all appointments. Please sign-up by calling 508-532-5980.

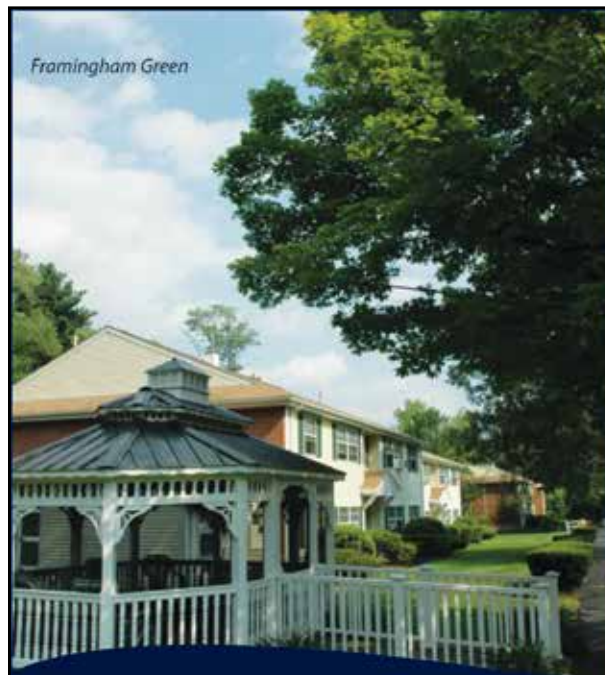
BLOOD PRESSURE CLINIC: Wednesdays, February 1, 8, 15 & 22 from 9:30 a.m.-12:30 p.m. upstairs in the Wellness Clinic.

PODIATRY: Twice per month we offer appointments for nail trimming and other foot issues for only \$25. Wednesday, February 8 & Tuesday, February 28.

TRANSPORTATION ASSISTANCE IS AVAILABLE

The Social Services Department at the Callahan Center has recruited several volunteers to accompany seniors to various appointments. These volunteers may be available to take seniors to shopping trips, social events or medical appointments. If you are a Framingham resident over the age of 60 and need transportation to an appointment, call 508-532-5980 ask for Sam or Lisa to see if your appointment matches the schedule of one of the volunteers. Some will do local trips, others will travel beyond Framingham. Please call with at least one week's notice of your need.

SMART911: Sign up for Smart911 and create a Safety Profile to give 9-1-1 valuable information about yourself, family members, your home, pets and even vehicles that will automatically display on the 9-1-1 call taker's screen when you make an emergency call. It's private, secure and you control what information is in your profile. These details can save valuable seconds or even minutes during an emergency. Sign up using the internet at www.smart911.com If you don't have Internet, a relative or neighbor can create an account for you using their email address.



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Framingham Green and Irving Square are designed for seniors age 62+ as well as persons with disabilities who are under age 62.

*Income guidelines may apply. Please inquire in advance for reasonable accommodations. Assistance animals welcome. Information contained herein subject to change w/o notice.



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SOCIAL SERVICE DEPARTMENT**ACCESSIBLE HOME MODIFICATIONS & MEDICAL TAX DEDUCTIONS**

Many older adults are making accessibility modifications in order to remain independent in their home. Please be aware that there are tax incentives for homeowners, who accrue a cost to install special equipment to accommodate a medical condition or disability. Examples include: modifying hardware on doors or cabinets, installing railings and grab bars, widening doorways or constructing a wheelchair ramp. Please consult with a tax preparer or the IRS Tax Code. The Social Service Department has a list of companies who will offer a free consultation in your home and provide you with possible options or solutions to modify your current home. Massachusetts has a state funded Home Modification Loan Program as well.

NEW SUPPORT GROUP

We are looking to begin an Early Stage Alzheimer's day time Support Group 1x a month for both the care partner and the individual with a dementia/Alzheimer's if you or someone you know has interest and for more information **contact Lisa at 508-532-5980 ext. 2.**

THE HOME ENERGY & FUEL ASSISTANCE PROGRAM FOR 2016-2017

The Social Service Department will process **NEW** Fuel Assistance applications for FRAMINGHAM residents who are 60 and older. Please call Lisa in the Social Service Dept. at 508 532-5980 ext. 2 for an appointment. The maximum gross annual income is \$34,000 for 1 person and \$44,463 for a 2 person household.

CONNECTIONS AT CALLAHAN

We are seeking older adults with memory impairments who would benefit from being matched to an on-site partner volunteer to participate in social or exercise programs, here at the Callahan Center. **Please contact Deb Bourque 508-532-5980 ext. 4118 for more information.**

MEDICAL EQUIPMENT TO BORROW: Durable, medical equipment is available to borrow from the Callahan Center. **It is necessary to call ahead to reserve and pick up Monday through Friday from 9 a.m. until 4 p.m.** Please call the Center at 508-532-5980. Thank you!

VOLUNTEER DRIVERS WANTED

- Do you have time to give in serving the community?
- Do you have a vehicle that is safe, clean, well maintained?
- Do you enjoy driving?

Would you be willing to use your own vehicle to take an older resident to various appointments or social events in Framingham and surrounding areas?

Make a difference in someone's life.

Contact Sam Swisher, Volunteer Outreach Coordinator, 508-532-5980, x 4113, email: ccvolrec@gmail.com

LEGAL CLINIC: Meet individually with a lawyer to discuss legal issues (will not advise on estates and trusts). Appointments are required. Please call Carolyn at 508-532-5980, ext. 4110. January 24. **No meeting in February.**

SHINE (Serving the Health Information Needs of Everyone... on Medicare)**Can I Still Change My Medicare Plan?**

The annual Medicare Open Enrollment period ended on December 7, but you may still be able to change plans during 2017.

Medicare's 5-Star Special Enrollment Period

You have an opportunity to enroll in a top-rated (5-Star) plan, once during the year. This can be done at any time through November 30, with the enrollment effective the first of the following month. The Blue Cross Blue Shield Medicare HMO plans, their two Blue Medicare Rx drug plans, and the Tufts Medicare Preferred HMO plans have achieved the 5-Star rating for 2017. You can enroll in one of these plans, as long as you meet the plan's eligibility requirements. If you are currently in a Medicare Advantage or Medicare Prescription Drug Plan, this new enrollment will automatically disenroll you from your previous plan.

For those with a Medicare Advantage Plan (HMO or PPO): Between January 1 and February 14 each year, anyone with a Medicare Advantage plan may drop it and switch to Original Medicare. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time.

For those with Prescription Advantage or getting "Extra Help" paying for prescription drugs:

You can change your Medicare Advantage plan or drug plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

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Creating a happy, healthy and connected community with the Friends of Callahan.



HELP THE FRIENDS OF CALLAHAN HELP THE CENTER BY PURCHASING GIFT CARDS

The Friends of Callahan gift card program gives you the opportunity to purchase a pre-paid card here at the Callahan Center. When you buy these cards at full face value, and use them instead of cash, check or credit card for your everyday shopping needs the Friends receive a percentage of the sale as a fundraising tool. The cards are available from over 200 retailers in our area including grocery, department and home improvement stores, gas stations, hotels, restaurants and more. Just by using gift cards to pay for your normal purchases you will help raise more money for the Friends of Callahan. Stop by the Heritage Gallery at the Callahan Center and purchase these cards. Credit cards are accepted for these purchases.



FRIENDS LOOKING FOR VOLUNTEERS

The Friends could use your help with the following positions this fall:

- Publicity Committee - do you have a creative side?
- Gift Card Sellers - assist with our very successful fundraiser.

Please contact Mark Goldman at 508-395-1180 or goldmanmj59@yahoo.com

FRIENDS' LUNCHES

February 8: Lasagna with meatballs.

February 22: Chicken Cordon Bleu.

Lunch is served at 11:30 a.m. Reserve Now - Space is Limited. \$6 per person. Lunches catered by TJ's, Ashland, MA.

Please sign up in advance at front desk 508-532-5980, space is limited to 60 participants.

THE SUNSHINE LADY'S CORNER

The Friends of Callahan is reaching out to all our members in time of need. Do you know any of our members who are ill, hospitalized, or are recovering from surgery or in rehab? Has any member or a family member passed on? The Sunshine Lady would like to brighten their day and/or offer condolences. Please let the Sunshine Lady know by stopping by the Heritage Gallery and picking up a form and filling out the information and leave the information form in the appropriate box in the Gallery.



CHECK OUT THE FRIENDS CORNER BULLETIN BOARD IN THE FRIENDS CAFÉ FOR:

monthly lunch menus, entertainment for the General Meeting, special events sponsored by the Friends, volunteer opportunities. The Friends are working hard to make your experience at the Center a great one. Check frequently for updates.

FRIENDS BOARD MEETING

Monday, February 6 at 1 p.m.

ARTISTS' CORNER

Friends of Callahan Heritage Gallery
 535 Union Ave. Framingham, MA 01702 (508) 532-5980

The Artists' Corner is open daily from 10 a.m. to 2:15 p.m.

Credit Cards are accepted. Open to the public.



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FRIENDS OF CALLAHAN MEMBERSHIP DUES FORM

Name: _____ Friends New Membership \$10 _____

If this is a NEW Membership or the information has changed please list the following:

Address: _____ Additional Membership for Household \$5 _____

City, State, Zip _____ Friends Membership Renewal \$10 _____

Telephone: _____ Additional Renewal for Household \$5 _____

Emergency Contact: _____ Relationship to you: _____

Telephone: _____ How did you hear about us? ___ Ad in Paper ___ Courier ___ Word of Mouth

___ Other (Please Specify) _____

Total Enclosed _____ Friends Membership includes 12 issues of the Courier Newsletter mailed to you.

The date listed on the mailing label is the expiration date of your membership.

Please pay **\$10** at the Center or send in your check or money order payable to the **"Friends of Callahan",**
Callahan Center, 535 Union Avenue, Framingham, MA 01702. Thank you!**WHAT DOES IT MEAN TO BE A MEMBER OF THE FRIENDS**

Dear Friends,

The Friends is a nonprofit 501(c) 3 organization established in 1976 to raise funds to support programs at the Callahan Center. The Callahan Center offers people 55+, who might otherwise be isolated, a safe place to find comfort and enjoyment with others, while improving their physical and emotional well-being.

The mantra of the Friends is to work as a group to raise additional funds to help support these programs and services that keep seniors healthy, active and involved in their community. The Friends work to help cover the financial shortfalls of ever increasing costs in many areas.

The most immediate answer to what your membership offers is that the Callahan Courier is delivered to you each month by US Mail. This gives you the quickest access to new events and programs at the Callahan Center. It also means you're part of a group of people who believes in giving back to an organization that does so much for seniors in the community. It gives you the right to vote at General Meetings. Remember YOU are the Friends and have a say in all that we try to do. Your voice counts.

The Board of the Friends of Callahan cannot do this alone. Volunteers are needed to help in activities and fundraising. There are openings on a number of committees and we would welcome your help. Step forward and say "what can I do?"

We are planning some new and exciting activities and want to see you here at the Callahan Center.

Mark Goldman - President**A LIVING MEMORIAL***

The form to the right is for your convenience in making a gift that will enhance senior services in our community today and tomorrow. The individual or families of those you have so honored will be notified of your contribution.

Your support is greatly appreciated.*Memorial Donations:****Have you considered leaving a legacy through the Friends of Callahan?***

By making provisions in your will, you help continue the good works and the services we offer for many years to come - making a connection between your life and those to follow. If you believe in us, consider our services in your estate planning, after you have made provisions for your loved ones.

2017 BAA BOSTON MARATHON FOR CONTINUING CONNECTIONS

The Friends of Callahan is fortunate to have 6 runners in the 2017 BAA Boston Marathon who will raise money to support the Continuing Connections program at the Callahan Center. If you would like to support this program please consider a donation in the name of one of these runners to help them reach their \$3,000 minimum fundraising goal: Christopher Bogardus, Alexander Malykhin, Breda O'Connor, Scott Pettingel, Matt Trostel and Michael Wilson. You can find more information on the Crowdrise.com website, searching for Friends of Callahan or any of these runners' names, as well at the Callahan Center. We wish the runners good health during their training runs.

Please make check payable to:

The Friends of Callahan
535 Union Avenue
Framingham, MA 01702

I am enclosing \$ _____

In Memory of _____

Donor's Name (Your Name) _____

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City _____

State _____ Zip _____

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location. Not valid with any other offer or discount. Expires 2/28/17.

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Fri. & Sat. 11AM - 11PM

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One offer per party, per visit. Reproductions of coupon
are not valid. No cash value. Expires 2/28/17.

CLASSES IN FEBRUARY - Classes are Free, please sign up in advance at the front desk 508-532-5980. Space is limited.

PC SECURITY & MAINTENANCE CLASS

**Wednesday, February 15
10-12 p.m.**

The Callahan Computer Center is offering a class which will review and discuss the various scams, rip offs and threats that are out there whenever one uses a computer to check email or surf the Internet. We will discuss what to do if you encounter some of the screens that suddenly appear on your PC asking you to call a number to unlock your PC.

We will review the various tools, (anti-virus programs, ant-spyware programs, computer cleaning programs) which are available and can help stop many threats before they get on to your PC.

These classes are intended for our members wishing to understand and avoid some of the threats out on the Internet today. Please sign up at the front desk 508-532-5980.



INTRODUCTION TO IPAD CLASS

**Thursday, February 23
2-4 p.m.**

This class will provide a very basic introduction to the use and navigation of Apple iPads. Topics will include the Main Screen, Settings, Apps, iCloud Storage and using some of the pre-installed apps, such as Photos, Mail, Messages, Face Time and the camera. Please sign up at the front desk 508-532-5980.

MANGO LANGUAGES

**Learning English as a Second Language
Tuesdays, February 7, 14, 21 & 28
10-12 p.m.**

Do you speak a language other than English as your primary language? If you would like to learn English or improve your current use of English come to the Mango Languages sessions. On Tuesdays, from 10 a.m. - 12 p.m. the Computer Center at the Callahan Center will have computers available to help you learn English using Mango Languages online. You can learn at your own pace without a teacher. Attend the Tuesday sessions to help you get started. Please sign up for Mango Languages at the Front Desk 508-532-5980.

ASK-THE-EXPERTS

**Thursdays, February 2, 9, 16 & 23
10-11:30 a.m.**

This is a free service and is available either by reservation or on a first come first serve basis. Is your computer running slow? Does it show you things you didn't ask for? Does it take a long time to start up? If so, and you would like to put new life and vitality back into your computer maybe you should "ASK the EXPERTS" for help.

The Callahan Center has a team of experienced PC users who can run cleaner and antivirus software on your computer. These programs can remove unwanted Malware programs such as viruses, spyware and similar software, which ruin your computer's performance. Also, the Ask the Experts team is available to answer questions regarding the use of typical personal computers for Internet browsing, Word and photo processing, etc.

COMPUTER ROOM- OPEN ROOMS HOURS

**Monday-Friday, 9 a.m.-4 p.m.
with the exception of when classes
are being offered.**



TRAVEL

FRIENDS OF CALLAHAN TRAVEL 2016 - A 55+ TRAVEL SERVICE

OFFICE HOURS: Monday-Thursday 10 AM - 2 PM *Closed Friday*

Please note: Parking at Stop & Shop @ corner Rt.9 and Temple Street, Framingham. Please park to right of the health club, near the fence. The cost of all day trips includes a tip for the driver and escort. Thank you.

TICKETED EVENTS ARE NONREFUNDABLE. REFUNDABLE CANCELLATIONS MUST BE CALLED INTO OUR OFFICE 4 (FOUR) BUSINESS DAYS PRIOR TO TRIP TO ENSURE A REFUND.

All those who travel on Callahan Center trips are REQUIRED to become a member of the Friends of Callahan.



SAVE THE DATE! TRAVEL SHOW

**All new trips for 2017 will be presented on March 9, 2017, Callahan Center, Blais Room at 10 a.m.
Come in and bring a friend to see what EXCITING TRIPS are being offered for next year!
Happy New Year to you all, we had a great year in 2016!!**

16 FEBRUARY 2017 SENIOR CENTER CALENDAR

Monday

Tuesday



FEBRUARY 2017

8:30-4:30 Pool Room Open
9-11 SHINE, by appt.
9-4 Computer Room Open to all Seniors
9:30 Pinochle
9:30 Muscle Strengthening (\$3 per class)
10 Bereavement Support Group
10 Sports Fanatics
10 Callahan Bowling Ryan's Alley Millis
10 Mary Make Do
11 Skip-Bo
11 Table Tennis
11 Moving for Better Balance
12 Conversation & Humor
12 Scrabble
1-4 Bridge
1 Friends Board Meeting

1-4 Genealogy Group
1-3 SHINE, by appt.
1 Tai Chi (\$3 per class)
2:30 Chair Yoga (\$3 per class)

6

9 Contract Bridge
9-1 Computer Rm Open to all Seniors
9-11 SHINE, by appt.
9:30 Pinochle
9:30 Moving for Better Balance
10 Aerobics (Free)
10-4 Table Tennis
10-4 Mah Jongg
10-12 Mango Languages
11 Zumba (\$3 per class)
11:30-1:30 Community Acupuncture \$20
12:15 Duplicate Bridge
12:45 Chair Volleyball
1-4 AARP, by appt.

7

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8:30-4:30 Pool Room Open
9-11 SHINE, by appt.
9-4 Computer Room Open to all Seniors
9:30 Pinochle
9:30 Muscle Strengthening (\$3 per class)
10 Bereavement Support Group
10 Sports Fanatics
10 Callahan Bowling Ryan's Alley Millis
10 Mary Make Do
11 Skip-Bo
11 Table Tennis
11 Moving for Better Balance
12 Conversation & Humor
12 Scrabble
1-4 Bridge

1-4 Genealogy Group
1-3 SHINE, by appt.
1 Tai Chi (\$3 per class)
2:30 Chair Yoga (\$3 per class)

13

9 Contract Bridge
9-1 Computer Room open to all Seniors
9-11 SHINE, by appt.
9:30 Pinochle
9:30 Body Therapy (appt.)
9:30 Moving for Better Balance
10 Aerobics (Free)
10-4 Table Tennis
10-4 Mah Jongg
10-12 Mango Languages
11 Zumba
12:15 Duplicate Bridge
12:30 Valentine Day Luncheon with Entertainment

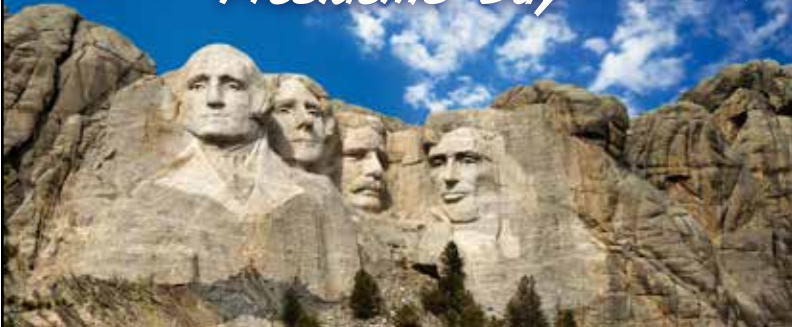
12:45 Chair Volleyball
1-4 AARP, by appt.
1:30 COA Board Meeting
3 Electronic Device Clinic

14

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Center Closed *Presidents' Day*

20



9 Contract Bridge
9 Legal Clinic
9-1 Computer Room open to all Seniors
9-11 SHINE, by appt.
9:30 Pinochle
9:30 Moving for Better Balance
10-4 Table Tennis
10 Aerobics (Free)
10-4 Mah Jongg
10-12 Mango Languages
11 Zumba (\$3 per class)
11 Community Acupuncture Presentation & Free Treatment
12:15 Duplicate Bridge

12:45 Chair Volleyball
1-4 AARP, by appt.
1:30 Parkinson's Support Group

21

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8:30-4:30 Pool Room Open
9-11 SHINE, by appt.
9-4 Computer Room Open to all Seniors
9:30 Pinochle
9:30 Muscle Strengthening (\$3 per class)
10 Bereavement Support Group
10 Sports Fanatics
10 Mary Make Do
10 Bowling Ryan's Alley Millis
11 Skip-Bo
11 Moving for Better Balance

11 Table Tennis
12 Conversation & Humor
12 Scrabble
1-4 Bridge
1-4 Genealogy Group
1-3 SHINE, by appt.
1 Tai Chi (\$3 per class)
2:30 Chair Yoga (\$3)

27

9 Contract Bridge
9-1 Computer Room open to all Seniors
9-11 SHINE, by appt.
9:30 Pinochle
9:30 Moving for Better Balance
9:30 Body Therapy (appt.)
10-4 Table Tennis
10-12 Mango Languages
10 Diabetes Support Group
10 Aerobics (Free)
11 Zumba (\$3 per class)

10-4 Mah Jongg
12:15 Duplicate Bridge
12:45 Chair Volleyball
1 Red Hat Honey Bees
1-4:15 Podiatry with Dr. John (Please call for appt.)
1-4 AARP, by appt.
3-4 Electronic Device Clinic

28

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Wednesday	Thursday	Friday
<p>8:30-4:30 Pool Room Open 9:30-12:30 Blood Pressure Clinic 9:30 Muscle Strengthening (\$3 per class) 9-1 Computer Room Open to all Seniors 10-4 Table Tennis 11:30 Canasta 1 Bingo 1 Discussion Group 1 Intermediate Bridge 1-3 SHINE, by appt. 1-4 AARP, by appt.</p>	<p>8:30-4:30 Pool Room Open 9-4 Computer Room Open to all Seniors 9:30 Cribbage 10-2 Mah Jongg 10-11:30 Ask-the-experts 10:30-12:30 Hispanic Social Group 11:30 Zumba (\$3 per class) 1-3 SHINE, by appt. 1:30 Practically Fit \$3 2 Choral</p>	<p>8:30-4:3 Pool Room open 10-11 SHINE, by appt. 9-4 Computer Room Open to all Seniors 9 Poker 9-4 Open Sew 9:30 Muscle Strengthening (\$3 per class) 11 Skip-Bo 11 Moving for Better Balance 11-4 AARP, by appt. 12:45 Chair Volleyball</p>
<p>8:30-4:30 Pool Room Open 9:30-12:30 Blood Pressure Clinic 9:30 Muscle Strengthening (\$3 per class) 9-1 Computer Room Open to all Seniors 10 Beading with Marilyn 10-4 Table Tennis 11:30 Canasta 11:30 Friends Lunch, RSVP \$5 12 Better Breathers Support Group 1 Bingo 1 Discussion Group 1 Intermediate Bridge 1-3 SHINE, by appt. 1-4:15 Podiatry with Dr. John (Please call for appt.) 1-4 AARP, by appt. 7 Grandparent Support Group</p>	<p>8:30-4:30 Pool Room Open 9-4 Computer Room Open to all Seniors 9:30 Cribbage 10-2 Mah Jongg 10 Consumer Assistance 10-11:30 Ask-the-experts 10:30-12:30 Hispanic Social Group 11:30 Zumba (\$3 per class) 1-3 SHINE, by appt. 1:30 Practically Fit \$3 2 Choral</p>	<p>8:30-4:3 Pool Room open 10-11 SHINE, by appt. 9-4 Computer Room Open to all Seniors 9 Poker 9-4 Open Sew 9:30 Muscle Strengthening (\$3 per class) 11 Skip-Bo 11 Moving for Better Balance 11-4 AARP, by appt. 12:45 Chair Volleyball</p>
<p>8:30-4:30 Pool Room Open 9-1 Computer Room open to all Seniors 9:30-12:30 Blood Pressure Clinic 9:30 Muscle Strengthening (\$3 per class) 10 Table Tennis 10-12 PC Security & Maintenance Class 11:30 Canasta 1Bingo 1 Discussion Group 1 Intermediate Bridge 1-3 SHINE, by appt. 1-4 AARP, by appt.</p>	<p>8:30-4:30 Pool Room Open 9-4 Computer Room Open to all Seniors 9:30 Cribbage 10-2 Mah Jongg 10 Special Needs Estate Planning 10-11:30 Ask-the-experts 10:30-12:30 Hispanic Social Group 11:30 Zumba (\$3 per class) 1-3 SHINE, by appt. 1:30 Practically Fit \$3 2 Choral</p>	<p>8:30-4:30 Pool Room open 9 Poker 9-4 Open Sew 10-11 SHINE, by appt. 9-11 Computer Room Open to all Seniors 9:30 Muscle Strengthening (\$3 per class) 11 Skip-Bo 11 Moving for Better Balance 11-4 AARP, by appt. 12:45 Chair Volleyball</p>
<p>8:30-4:30 Pool Room Open 9-1 Computer Room Open to all Seniors 9:30 Muscle Strengthening (\$3 per class) 9:30-12:30 Blood Pressure Clinic 10 Table Tennis 10 Beading with Marilyn 11:30 Friends Lunch, RSVP \$5 11:30 Canasta 1 Bingo 1 Discussion Group 1 Intermediate Bridge 1-3 SHINE, by appt. 1 Caregiver Support Group 1-4 SHINE, by appt. 1-4 AARP, by appt.</p>	<p>8:30-4:30 Pool Room Open 9-4 Computer Room Open to all Seniors 9:30 Cribbage 10-2 Mah Jongg 10 Medication Bingo 10-11:30 Ask-the-experts 10:30-12:30 Hispanic Social Group 11:30 Zumba (\$3 per class) 1-3 SHINE, by appt. 1:30 Practically Fit \$3 1 Book Discussion 2 Choral 2-4 Intro to iPad</p>	<p>8:30-4:30 Pool Room open 9-10 & 12-4 Computer Room Open to all Seniors 9 Poker 9-4 Open Sew 10-11 SHINE, by appt. 9:30 Muscle Strengthening (\$3 per class) 10:30 Callahan Center Knitters 10:30 Painting workshop 11 Skip-Bo 11 Moving for Better Balance 11-4 AARP, by appt. 12:45 Chair Volleyball</p>



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Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

		9	4					
					5			
1	7			2		6	9	
3		1	9		2		4	5
					1	3	7	
	2							
			3		6			1
4	9							

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DIFFICULTY: ★★☆☆☆

Answer to Previous Sudoku

2	6	3	8	1	5	4	7	9
4	7	1	2	9	3	8	5	6
5	9	8	7	4	6	1	3	2
8	5	7	3	6	1	9	2	4
3	4	6	9	5	2	7	8	1
1	2	9	4	8	7	3	6	5
9	3	2	6	7	4	5	1	8
7	1	4	5	2	8	6	9	3
6	8	5	1	3	9	2	4	7

CROSSWORD PUZZLE

ACROSS

- 1 Post
5 Eyelashes
10 Rom. Furies
11 Astringent
12 Farewell (2 words)
13 Unassuming
15 E. Indian tanning tree
16 Scheme
18 Modernist
19 Civil War commander
20 With joy
21 Bluish-white metal
22 Ant
24 Hundred (pref.)
25 Rear
26 Council for Econ. Advisors (abbr.)
27 Soap plant
30 Wine vessel
34 Dear (Ital.)
35 Song (Ger.)
36 Federal

Aviation Admin. (abbr.)
37 Russ. community farm

- 38 Unadulterated
39 Fever (pref.)
40 Heavenly
42 Roam
44 Heath evergreen
45 "Fra Diavolo" composer
46 Silk substitute
47 Ogle

DOWN

- 1 Swed. sculptor
2 Venezuelan copper center
3 John, Gaelic agency
4 Shin (2 words)
5 Stick used in hurling
6 Sacred image
7 Went first

ANSWER TO PREVIOUS PUZZLE

P	L	A	T	A	E	T	C	S	P	A
H	E	R	O	D	A	A	R	L	A	D
A	N	I	T	O	N	N	E	U	L	A
G	A	L	E	N	A	T	U	R	G	I
E	D	E	S	I	E	A	D	A	G	E
M	Y	R	I	A	L	P	D	U	E	L
S	E	G	N	O	M	A	L	S	T	A
M	Y	O	P	I	A	A	V	A	L	O
A	A	A	T	Y	E	I	D	O	L	A
A	L	S	I	O	N	N	A	D	I	R
M	E	T	S	N	A	G	R	E	G	E

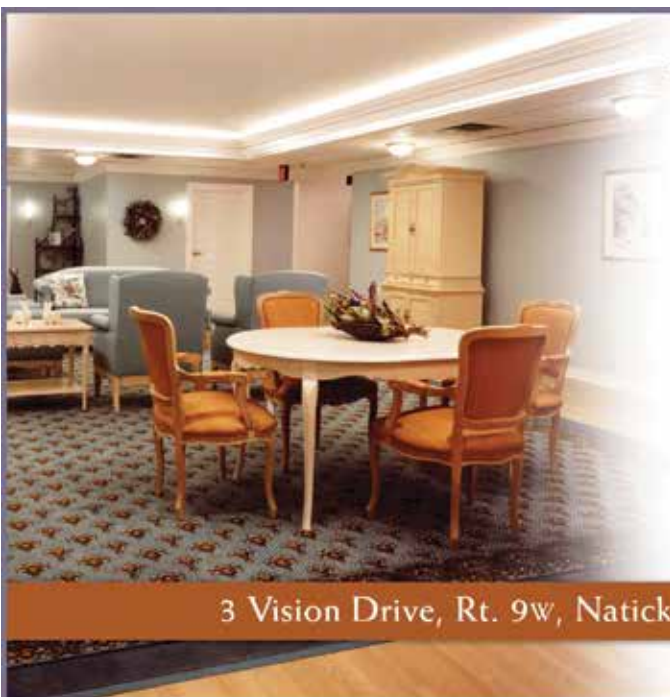
- 8 Peaceful
9 Off
10 Jap. news agency
12 Oceanic tunicate
14 S.A. toucan
17 Recline
20 Small flute

- 21 Ardor
23 Prayer beads
24 Principal
26 Axis deer
27 Top
28 First
29 Planetarium
30 Circuit (abbr.)
31 Once (2 words)
32 Pole in Gaelic games
33 Male noble
35 Rom. poet
38 CA Rivera,
39 Gooseberry
41 Nothing
43 Herb of grace

	1	2	3	4		5	6	7	8	9	
	10					11					
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	46					47					

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A38



WHITNEY WORDPLAY!

What is the true meaning of the word below?

See answer at bottom.

Gallimaufry

- a. A problem
b. A jumble
c. A solution



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Answer: b

WORD SEARCH

S	N	K	C	O	A	T	S	T	T	N	C	L	A
S	T	E	K	N	A	L	B	I	L	V	L	N	S
L	E	D	E	F	F	S	I	W	C	S	I	L	C
A	S	A	D	D	W	O	N	O	N	E	N	A	W
Y	O	N	N	A	I	M	S	O	O	A	K	E	F
T	O	I	D	P	N	I	N	L	W	L	L	A	I
S	F	D	L	D	D	T	N	L	O	I	P	D	R
O	N	L	O	O	Y	T	I	Y	T	T	N	T	E
G	C	O	O	T	T	E	O	H	E	T	T	G	P
K	L	C	W	T	E	N	D	A	N	R	R	L	L
L	E	O	S	M	O	S	K	T	Y	G	A	G	A
L	S	O	V	L	A	I	R	K	L	R	N	O	C
T	R	N	K	E	S	N	A	A	L	O	E	D	E
F	S	P	I	H	S	T	D	T	L	N	I	N	R

WOLLY HAT

SNOWING

SNOWMAN

ICE

FIREPLACE

WINDY

COLD

DARK

FROST

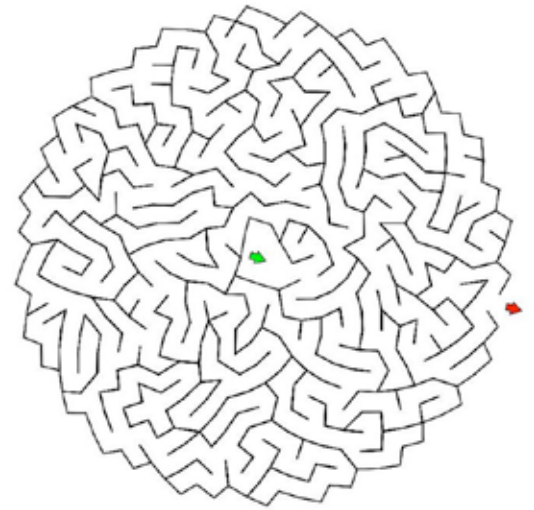
COATS

MITTENS

BLANKETS

GLOVES

MAZE



WORD SEARCH ANSWERS

S	N	K	C	O	A	T	S	T	T	N	C	L	A
S	T	E	K	N	A	L	B	I	L	V	L	N	S
L	E	D	E	F	F	S	I	W	C	S	I	L	C
A	S	A	D	D	W	O	N	O	N	E	N	A	W
Y	O	N	N	A	I	M	S	O	O	A	K	E	F
T	O	I	D	P	N	I	N	L	W	L	L	A	I
S	F	D	L	D	D	T	N	L	O	I	P	D	R
O	N	L	O	O	Y	T	I	Y	T	T	N	T	E
G	C	O	O	T	T	E	O	H	E	T	T	G	P
K	L	C	W	T	E	N	D	A	N	R	R	L	L
L	E	O	S	M	O	S	K	T	Y	G	A	G	A
L	S	O	V	L	A	I	R	K	L	R	N	O	C
T	R	N	K	E	S	N	A	A	L	O	E	D	E
F	S	P	I	H	S	T	D	T	L	N	I	N	R

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